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YOUR OPPORTUNITY TO QUIT SMOKING IS HERE

The Great American Smokeout®, Thursday, November 18th

(Phoenix, AZ) The Great American Smokeout® on November 18th is right around the corner, challenging smokers to quit for at least one day and hopefully propelling them to make it a life long decision. The Smokeout has fueled the continued battle against tobacco by raising awareness of the many positive affects of quitting for good.

Here are a few tips to help you quit smoking on Thursday:

1. Call Maricopa County Tobacco Use Prevention Program at **602-372-7272** today to sign up for a free class.
2. Ask your doctor or pharmacist about new prescription drugs to help you quit.
3. Set a quit date and stick to it.
4. Use quitter's aids like the nicotine patch, gum or lozenge.
5. Use a support network of family and friends.
6. Find ways to deal with the stress and cravings, like exercise or a hobby.
7. To cope with cravings, use the four D's. Take deep breaths. Drink lots of water. Do something else. Delay reaching for a cigarette.

Maybe it's time for you or someone you love to quit smoking. We're here to help you with the best professional assistance available and it's free. Let the Great American Smokeout® be your springboard and call the Maricopa County Tobacco Quit Program at **602-372-7272**.

About Maricopa County Tobacco Use Prevention Program (MACTUPP)

MACTUPP provides leadership, education and support to all residents, communities and businesses to create tobacco-free environments. MACTUPP offers free smoking cessation classes throughout the valley where participants learn techniques to help them quit, receive support and also receive 50% off nicotine replacement therapy. For more information, please call **602-372-7272** or visit our website at <http://www.mactupp.org>.

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